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I/we claim:

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1. A lubricated ferrous pipe coupling gasket comprising:

a generally tubular, one-piece, elastomeric member with first and second axial open ends, the member being formed by a circumferential wall and at least a pair of circumferential flanges, each flange extending at least generally radially inwardly at a separate one of the first and second axial open ends of the member, the circumferential wall and the pair of circumferential flanges forming at least one circumferential channel on an inner circumferential side of the member; and

a coating of dry powder lubricant on at least the inner circumferential side of the member.

- 2. The gasket of claim 1 wherein the lubricant comprises an organic starch powder.
- 3. The gasket of claim 1 wherein the lubricant consists essentially of organic starch powder.
- 4. The gasket of claim 1 wherein the dry powder contains as a primary component, one of cornstarch, rice starch, potato starch, talc and magnesium silicate hydroxide
 - 5. A ferrous pipe coupling comprising:

a ferrous collar having an outer, axially extending, axially split

circumferential wall with at least one pair of adjoining circumferential ends at the split;

at least one fastener releasably securing together the at least one pair of adjoining, circumferential ends of the collar;

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a gasket in the form of a generally tubular, one-piece elastomeric member positioned in the collar and having an exposed inner circumferential side exposed in the collar; and

a coating of dry powder lubricant on at least the exposed, inner 5 circumferential side of the elastomeric member.

- 6. The ferrous pipe coupling of claim 5 wherein the ferrous collar includes a pair of at least generally radially inwardly extending circumferential flanges, each flange being located at a separate axial end of the circumferential wall, the pair of flanges and the circumferential wall forming a circumferential channel on an inner circumferential side of the collar and wherein the gasket is positioned in the channel.
- 7. The coupling of claim 5 wherein the lubricant comprises an organic starch powder.
- 8. The coupling of claim 5 wherein the lubricant consists essentially of organic starch powder.
- 9. The coupling of claim 5 wherein the dry powder contains as a primary component, one of cornstarch, rice starch, potato starch, talc and magnesium silicate hydroxide
 - 10. A ferrous piping system comprising:

a plurality of ferrous piping components; and

at least one ferrous pipe coupling mechanically and fluidly joining together ends of a pair of the piping components at a joint;

the ferrous pipe coupling including a ferrous collar having an outer, axially extending and axially split, circumferential wall and at least one pair of adjoining circumferential ends at the split;

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the ferrous pipe coupling further including a gasket in the form of a generally tubular, one-piece elastomeric member having an inner circumferential side sealingly mounted on the ends of the pair of piping components and surrounded by the collar;

the ferrous pipe coupling further including a coating of cornstarch powder at least between the inner circumferential side of the gasket and the ends of the pair of piping components; and

the ferrous pipe coupling further including at least one fastener releasably securing together a pair of adjoining, circumferential ends of the collar so as to compress the gasket and the collar on the ends of the pair of piping components.

- 11. The ferrous piping system of claim 10 further comprising a one-way valve coupled with the plurality of piping components a potable water supply, the valve being arranged to supply water from the potable water supply to the plurality piping components;
- 12. A water distribution, ferrous piping system of claim 11, wherein one of the plurality of piping components is a fitting and further comprising a fire sprinkler coupled with the fitting to be supplied with water by the potable water source through the piping system.
- 13. The coupling of claim 11 wherein the lubricant comprises an organic starch powder.
- 14. The coupling of claim 11 wherein the lubricant consists essentially of organic starch powder.
- 15. The coupling of claim 11 wherein the dry powder contains as a primary component, one of cornstarch, rice starch, potato starch, talc and magnesium silicate hydroxide
- 16. In a ferrous pipe coupling including a generally tubular, one-piece, elastomeric gasket, a ferrous collar surrounding the gasket, the collar including at least one

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axial split defining a pair of adjoining circumferential ends, and a fastener releasably securing together the adjoining circumferential ends of the collar, the improvement including a coating of dry powder lubricant on at least an inner circumferential side of the gasket.

- 17. The improvement of claim 16 wherein the dry powder lubricant comprises an organic starch powder.
- 18. The improvement of claim 16 wherein the dry powder lubricant consists essentially of organic starch powder.
- 19. The improvement of claim 16 wherein the dry powder lubricant contains as a primary component, one of cornstarch, rice starch, potato starch, talc and magnesium silicate hydroxide.
- 20. The improvement of claim 16 wherein the dry powder lubricant coats all circumferential surfaces of the gasket.